RED RASPBERRY SEED (ellagic acid)

Although raspberry leaf has long been used by females as a tea to strengthen the uterus for pregnancy, and the fruit has long been enjoyed by everyone as a most delicious food, the seed has only recently been developed as a herbal health product.

Here is **a sampling of what research has given us regarding the benefits of Ellagitannins from the raspberry seeds.**

1. Ellagic acid promotes carcinogen detoxification by stimulating the activity of various isoforms of the enzyme glutathione-S-transferase in hepatoma (liver cancer).

2. Ellagic acid slows the growth of abnormal colon cells in humans, prevents the development of cells infected by the human papilloma virus (HPV) linked to cervical cancer, and triggers apoptosis (natural death(of prostate cancer cells. This apoptotic process may also have beneficial effects on breast, lung, esophageal, and skin cancer (melanoma).

3. Ellagic acid causes normal cell death of human cervical cancer cells HPV, induces G1 inhibit of cancer cell division, and prevents destruction of the P53 gene by cancer cells. P53 is regarded as a safeguard against mutagenic activity (cancer causing changes) in cervical cells (Nixon, Narayanan).

Red Raspberry Seed contains very large amounts of an anti-carcinogen called ellagitannins, often referred to as ellagic acid. **In a teaspoon there are an average of 4000 mcg. Red Raspberry Seed is now being used in the fight against Prostate, cervical and Breast cancer, as well as skin melanoma and other cancers.**

To boost the immune system, take 1 teaspoon per 100 pounds of body weight daily. For fighting cancer or other diseases, take up to 5 tablespoons a day. Put the powder between the cheek and gum and swallow with warm water or tea.

There are no known side effects to this product. If taken in excess, the person may experience some diarrhea. In addition, to date, there have been **no known adverse effects when combined with other medications.**